

# DISCOUNTS FOR YOU

LIVE  
INSPIRED  
ART - DANCE - FITNESS

488 Freedom Plains Rd, Suite 202,  
Poughkeepsie, NY 12603  
(Coming to Eastdale Village 2024)



10% off all Art & Craft Events

\$5 off "Inspired Studio" or  
"Inspired Duo" Memberships



Zumba - Pilates - Yoga - Barre - Strength - Pound - TRX - Rebound - CIRCL Mobility - Stability Ball - HIIT  
[www.liveinspiredadf.com](http://www.liveinspiredadf.com)

Live Inspired Fitness is offering \$5 off regular in studio membership (currently this is \$65/month), \$5 off our Inspired Studio membership - this includes virtual classes, in studio and video access for taped classes (currently this is \$75).

Monthly memberships include the following classes: yoga, barre, Pilates (various levels), Zumba, pound, medicine ball, rebound, HIIT, mobility, weight circuit, training, TRX training, Tai Chi Easy and Line Dancing.

Members also receive 10% off any art/craft class that we hold at the studio (normal 3-4 monthly).

In addition we offer employees 10% off any art or craft class if they would rather not join as a member and would just like to take art/craft classes and \$5 off Line Dancing on Wed nights in case they would only want to Line Dance.

**Must show WMCHHealth Network Employee ID Badge for discount.**